



1. (Cancelled)

7. (Currently Amended) A balancing disc for balancing the gait of a user, comprising:

a substantially rigid, circular, wedge member having a continuous planar upper surface and a continuous planar lower surface, the upper and lower surfaces being angularly inclined with respect to each other by an angle θ of about 2° to about 6° the disc being attachable to a footwear item for imparting proper weight distribution and balance to the user.

8. (Original) The balancing disc of claim 7 wherein the disc is formed of a substantially non-compressible solid material selected from the group consisting of leather, rubber or plastic.